

## Physical Fitness

stress management program which is very good for people who are looking to cope with there stress. The stress management some said helped to release tension which helped them all aspects of health. You emotionally stronger to deal with a problem you may. Socially you will communicate better with others because of you being more patient and open minded to speak with.

Some of the requirements are pretty simple. You must be 14 years old and you need to get a 1 unit class session in Valley College. You need to enroll before at the the beggining of the semester, which is 16-18 weeks. The program costs \$13 for a semester term which is very good deal you probably will not find a program for 4 months at that low price.

I also talked with other programs in are neighborhood and saw that they did<sup>n</sup> have all the things LAVC had and at that low price. I made a chart to show the fitness & wellness programs and how I found each program. I saw that gold's gym and holiday spa were not as good as good as LAVC because they did not have the various different programs Valley had. Many liked the program and some told me it is smart to try a program in the future. I think I may even begin taking a weight training class later in the future. In my opinion it is a good idea to take the course because if you do not, you will miss out of one of the best deals you will find in a long time.

The source I used to get my information was the fitness center instructor in Valley College. He really helped me out in finding more imformation about fitness & wellness programs they offer, and what some of programs are like. If it was not for the instructor I would not know much about there program. I think it was fun to go out and find out about a fitness & wellness program.

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### FITNESS/ WELLNESS PROGRAM EVALUATION

FITNESS WELLNESS PROGRAMS I FOUND	HOW I LOCATED THE PROGRAMS?
L.A. VALLEY COLLEGE	-I was playing basketball in L.A.V.C and a basketball instructor told me about a fitness/wellness program in Valley College
GOLD'S GYM	-My brother goes to Gold's gym and he told me about checking up on there fitness/wellness program
HOLIDAY SPA	-I heard about the program on TV and I knew my mother goes there so I decided to check there fitness and wellness program

# Project Options by Skill Area

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Performance assessment provides the opportunity to offer a wide variety of options as learning experiences. The following list, while not definitive, provides some examples of appropriate project options for each of the health skill areas of emphasis.

## Accessing Information

- Report from a video.
- Watch video and make a brochure.
- computer program
- research project
- surveys
- interviews
- brochure

## Advocacy

- brochure
- T-shirt
- rap or song
- radio ad
- poster
- video
- Teach a lesson to younger children.
- skit
- puppet show
- bumper sticker
- magazine advertisement
- Write a law.

## Decision Making

- Role-play decision-making process.
- video/audiotape

## **Problem Solving/Conflict Resolution**

- Role-play problem solving process.
- Role-play conflict resolution process.
- puppet show
- video/audiotape

## **Communication/Refusal Skills**

- puppet show
- skit
- interview
- role-play
- comic
- dialogue between characters

## **Media Literacy**

- Change or design an advertisement.

## **Respect**

- Role-play modeling respect.
- posters
- classroom rules or guidelines

## **Goal Setting**

- Create a wellness plan.
- fitness calendar